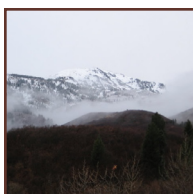
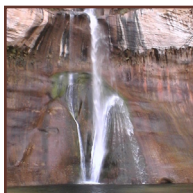
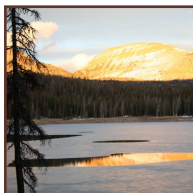


# The Human Touch

Utah Department of  
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**And More!**

## Director's Message

As we head into the budget season and the legislative session, you should know that employee compensation continues to be at the top of my list. We are raising the issue with both the Governor and the legislators and I am proud to talk about the excellent work being done at the Department of Human Services.

This month we have enjoyed some wonderful artwork at the DHS Administration Building, courtesy of some of our clients. I appreciate all the efforts made by these artists, their families, and the counselors that work with them. If you didn't get a chance to enjoy the original art hanging in our halls, please go to the website and view it there, [http://www.hsemployees.utah.gov/survey/choose\\_pic\\_2007.jsp](http://www.hsemployees.utah.gov/survey/choose_pic_2007.jsp)

You may have seen the radio, t.v. and print ads that are running now as part of our Anti-Meth Public Awareness Campaign. This has been a joint effort of the Governor's office, DHS, the Commission on Criminal and Juvenile Justice, and the Utah Association of Counties. The ads feature the message "Your loved one on meth is not hopeless; she has you." It is targeting friends and families of meth users who may be influential in getting their loved ones into treatment. As most of you know, meth use in Utah affects all of our agencies: it affects how much child support we can collect from parents who are abusing meth, it affects our elderly or persons with disabilities whose caregivers are young people cooking or using meth in their house, and most of all it affects the children being cared for by parents on meth.

As hard as it is to believe, Utah is third highest in the nation for meth use among young women ages 18-35. Women are also the majority when you look at admissions for substance abuse treatment programs. Our ad campaign is just designed to get the community talking about



Lisa-Michele Church  
Executive Director

why meth is a problem in Utah and what can be done about it. If we can get this broad-based community conversation started, we can come up with solutions. I appreciate the efforts of everyone at DHS who has been involved in our anti-meth activities, especially Brent Kelsey, Liz Sollis, and Mark Payne. I encourage all of you to visit [www.endmethnow.org](http://www.endmethnow.org) for more info.

Last week I had the privilege of attending a terrific awards luncheon for the 2007 DCFS Caseworker of the Year. Five outstanding caseworkers were recognized by the DCFS Board and the Governor's office for their contributions. Congratulations to you! I am looking forward to visiting the Vernal area DCFS staff later this month and seeing firsthand the important work they are doing. Finally I want to mention the new Adult Protective Services workers that I met with in November. They were a fabulous group of committed and dedicated employees that asked me some hard questions! It was a pleasure to meet them and support their efforts.

Thanks to all of you!

## Medal Winners at Huntsman World Senior Games

**St. George** - "Fun! Don't forget the Fun!" John Morgan, founder of the Huntsman World Senior Games reminds athletes participating each year in this popular St. George event.

Rich Sallstrom and Tom Obray of the department's Bureau of Internal Review and Audit competed and earned medals in this year's events.

Rich won the silver medal running the 10K with a time of 38:44. Tom won the gold medal in the triple jump with a distance of 36 feet 6 1/2 inches and a bronze medal in the 50M in a time of 6.83. Rich also took 4th in the 1500M, and Tom competed in the long jump, but scratched all 4 attempts. Both are now qualified for the 2009 National meet in San Francisco.

Devon Nish of the department's Bureau of Contract Management has also participated for three years in tennis, table tennis, long distance running and basketball shoot. "Two of the most enjoyable areas of the games are meeting so many people from the United States and world participating in the Opening Ceremonies," said Devon.

The Games began with their vision of an international sports event for men and women ages 50 and better. The founders agreed the golden years were better when good health and physical fitness became a way of life, not an occasional hobby.



Rich Sallstrom and Tom Obray

So how do Rich and Tom keep in top shape? Rich runs around 7 miles every day and Tom plays basketball and does some running. Both have aspirations of returning to the Huntsman Games next year and doing even better.

They encourage others to give it a try. You can look at the events and find one that interests you at [www.seniorgames.net](http://www.seniorgames.net). It was a lot of fun. To participate in the Games you must be at least 50 years old. The purpose of the Games is to encourage healthy life styles.

Go for the gold!!

## USDC Annual Fall Conference

*By Scott Roudabush, Utah State Developmental Center*

**American Fork** - The Utah State Developmental Center held its Annual Fall Conference October 3, 2007. Over 300 representatives from the Division of Services for People with Disabilities, direct service providers, the Developmental Center, and others interested in services for people with disabilities came to learn and network.



Jared Layton, Amanda Dixon and Mike Raddatz

Expert local and national presenters covered a broad range of topics such as; improving supervision, better parenting skills, conflict resolution, data collection, better organization, preparing nutritious meals, and "Where to Work Out at Work."

Keynote speaker, Linda LaPoint, Master's of Rehabilitation Administration focused participants on "The Joy of Supervision: Back to the ABCs."

"Finding Joy in Your Work," was concluding speaker, Amanda Dixon's challenge to attendees. The popular KSL Radio host energized the audience through the presentation.

All in attendance had an enjoyable experience while being provided useful information. Look for information on next year's conference in the Department of Human Services Training/Conference calendar at:

<http://www.hstraining.utah.gov/>





## Juvenile Justice Services Road Trip

*By Lisa Schauerhamer, Juvenile Justice Services*

**Roosevelt** - Welcome to the Uintah Basin! Wayne Potter, JJS Youth Counselor II is our tour guide for this stopover. He begins with a little history. Duchesne County Youth Center opened December 1996 in Roosevelt to serve youth and their families coming in contact with law enforcement.

This program is unique in that the administration and supervision is located 30 miles away at the Split Mountain Youth Center in Vernal. The three staff members at the Duchesne County Center provide youth services, receiving and home detention to local youth.

It's a lot for staff to juggle. They provide individual counseling and groups for youth as part of Youth Services. In addition, staff supervises a work crew of youth doing community service and to handle Receiving, staff share 24 hour on-call duties. Staff attend all Juvenile court hearings held in Duchesne County, monitor school attendance and coordinates with other state and local agencies to serve the youth.

The oil field boom creates some interesting situations for youth and their parents in the Roosevelt area. For example, a youth turning 18 can get their first job in the oil field making \$20.00 an hour which presents challenges in money management and transitioning into the adult work place. Another situation is the single mom raising two teenage boys, who recently paid \$500 a month rent now, pays \$700. She now works two jobs to make ends meet, leaving her boys more opportunity to get into trouble.

**Cedar City** - Our next stop, the Iron County Youth Center. Jill Gregerson, JJS Tech II is our host at the nine-bed Youth Services Facility. The center offers a receiving center, residential /shelter placement services, and some limited community outreach services. The Iron County School District also operates the Truancy Support Center at this location.

The facility serves both Iron and Beaver counties with a combined base population of 47,738 people. The facility began operation in 1999 when the Division of Child and Family Services, Juvenile Justice Services, Mental Health, Juvenile Court, Law Enforcement and other community partners joined together to create the Youth Center at our current location.



"Great Pumpkin" Residing In Cedar City



Iron County Youth Center

Initially the facility began with a partnership grant from the Commission on Criminal and Juvenile Justice. This grant money helped establish and fund part time staff that worked there for the first three years of operation.

Outreach services offered are Aggression Replacement Training, Anger Management classes and truancy tracking services in cooperation with the Iron County School District. Crisis Intervention Counseling to youth and their families in ungovernable situations is also offered at the Center.

"Our garden is one of the many opportunities provided for youth to learn new skills," says Jill. "We involve the youth in every phase of gardening. There was even a "Great Pumpkin" residing at the facility this year in Cedar City!"

**Price** - Last stop on November's Tour of JJS is The Castle County Youth Center. Kara Freeman, Assistant Program Director, will be our tour guide.

She begins telling us, "This facility serves both Carbon and Emery counties. It is a multi-use facility and primarily houses three functions: Receiving, Secure Detention, and Case Management. We have identified a need for Early Intervention Services and have started to slowly introduce Youth Services to the communities we serve."

Always looking for creative ways to serve youth they are utilizing detention staff to work one on one with youth and families to develop a 60 day service plan. This voluntary plan is based on the presenting issues identified by the families. Also the Center has a University of Utah, Master's of Social Work practicum student working with us to serve youth and their families.

"Resources are limited in this rural community and we feel that this voluntary service will be valuable in diverting youth from going deeper into the system," said Kara. The Detention team is fully trained on the Aggression Replacement Training model and is preparing to launch the 10 week curriculum as an early intervention for pre-probation or intake level youth at the court.

Kara adds that it is the dedicated staff and their passion that is making their programs a success.

**Next month: Our JJS Road Trip will finish up Receiving and Youth Services Centers.**

## Get Fit: Military Style

By Krissie Summerhays and Kaati Lao-Tarr

Are you looking for a good way to get fit? Then have we got the program for you! "Bootcamp with Jess" may be the "hardest training known to man outside of actually enlisting," according to Jess Thomas. But really it is a program for anyone wanting to lose inches, gain strength and an overall healthy lifestyle. You just need one thing to do the Bootcamp....the desire to make a change for a healthier lifestyle.

We started our bootcamp with "heck" week – five days of grueling training where new recruits must wear a 30 pound vest during classes. Days 1 thru 4 consist of weight training, treadmill, agility and endurance exercises. Day 5 (usually Friday) is at a track/football stadium where the new recruits must run laps, climb bleachers and hills, and other endurance building exercises – all while wearing the 30 pound vest. Don't let this scare you! Believe me, they have had new recruits 100 lbs + overweight come in and do this program, so can you!

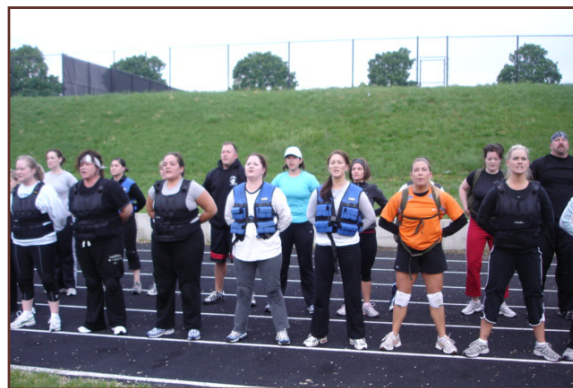
The Bootcamp has been a jump-start for fitness for us. It becomes addicting and is so much fun. "Fun?" you are saying . . . yes, fun! The stronger you get the easier it is. The exercises are frequently changed, so you don't get bored and the group is always motivating each other. The six week course is to train nonstop for an hour. . no breaks. . . no excuses.



It is great to feel in the best shape of our lives, even with working, families, and the general demands of life. Is it easy to do this? Getting there for each class is the hard part – the rest is easy.

FYI – PEHP Plus has an agreement with the Bootcamp for price discounts and for some people FLEX funds can be used for exercise programs. It's worth checking out your status with these for funding options.

Our advice . . . try this or something – the results are well worth it. If you would like more information on this program Krissie can be contacted at [ksummerhays@utah.gov](mailto:ksummerhays@utah.gov) or Kaati at [ktarr@utah.gov](mailto:ktarr@utah.gov)



## Utah Celebrates American Indian Heritage Month

By Donna L. Russell, Executive Director's Office

Governor Jon Huntsman proclaims November 'American Indian Heritage Month and the Monday proceeding Thanksgiving as Indigenous Day.'

"This is the time of year that we call attention to the American Indian presence in the State of Utah and honor the five Indigenous nations: Goshute, Navajo or Dine', Paiute, Shoshone and

Ute," said Forrest Cuch, director of the Utah Division of Indian Affairs.

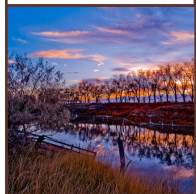
For more information, contact the Division of Indian Affairs at 801/538-8808.

**American Indian Current events and information:**

<http://aislc.blogspot.com/>







## Staff Spotlight

By Donna L. Russell, Executive Director's Office

### Savania Tsosie

Program Administrator

Indian Child Welfare Act

Division of Child and Family Services

"I love this job. It fits me like a glove," Savania said as we began our interview.

Savania is in her fifth year as the statewide Indian Child Welfare Act (ICWA) program Administrator.

What does she enjoy most about her position?

"I can see the positive impact on American Indian children, their families and their tribes when ICWA is implemented," she responded.

The Indian Child Welfare Act is a federal law that directs the out of home placement of Indian children with tribal families and provides for collaboration and partnership with tribal social services.

Savania brings a lifetime of expertise and experience to her position. She earned her Bachelor of Social Work from Brigham Young University and Master's of Social Work from the University of Utah. She was born in Lawton, Oklahoma and grew up in Farmington, New Mexico. She is Kiowa and also an enrolled member of the Navajo Nation. Prior to coming to the Division of Child and Family Services, she was the gender equity coordinator for Salt Lake Community College and a multi-cultural coordinator for BYU.

"Meant to be," is how she describes the moment she learned she was selected as the DCFS – ICWA



Savania Tsosie - Program Administrator

program Administrator. She enjoys the many opportunities to get "out and about" in the community, make connections and build relationships to help American Indian families. The opportunity to work with Tribal Leaders is another part of her job she enjoys.

Bottom line, Savania is dedicated to bridging understanding between American Indian families, caseworkers and the community. She has traveled to most of the DCFS offices to provide training on the special needs of American Indian children and their families. One only has to be with Savania for a short time to feel and see her deep commitment and passion for the American Indian community.

If you would like to learn more about Utah's American Indian community or the Indian Child Welfare Act, Savania can be contacted at [stsosie@utah.gov](mailto:stsosie@utah.gov) or 801/538-4146.

## Improving Life, One Breath at a Time

By Stephanie Sonntag, American Lung Association

The American Lung Association of Utah in partnership with the Utah Department of Health would like to recognize the Utah State Hospital for their commitment to a tobacco-free Utah. As of Nov. 15, 2007, tobacco use is prohibited on the entire hospital campus among patients and employees.

As tobacco-free advocates, we congratulate the hospital for their dedication to the health of their patients and employees. This policy will further the mission of the hospital to provide, "Excellent care in a safe and respectful environment to promote hope and quality of life for individuals with mental illness" and our mission to, "Improve life, one breath at a time."

[www.LungUtah.org](http://www.LungUtah.org)



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# The Human Touch

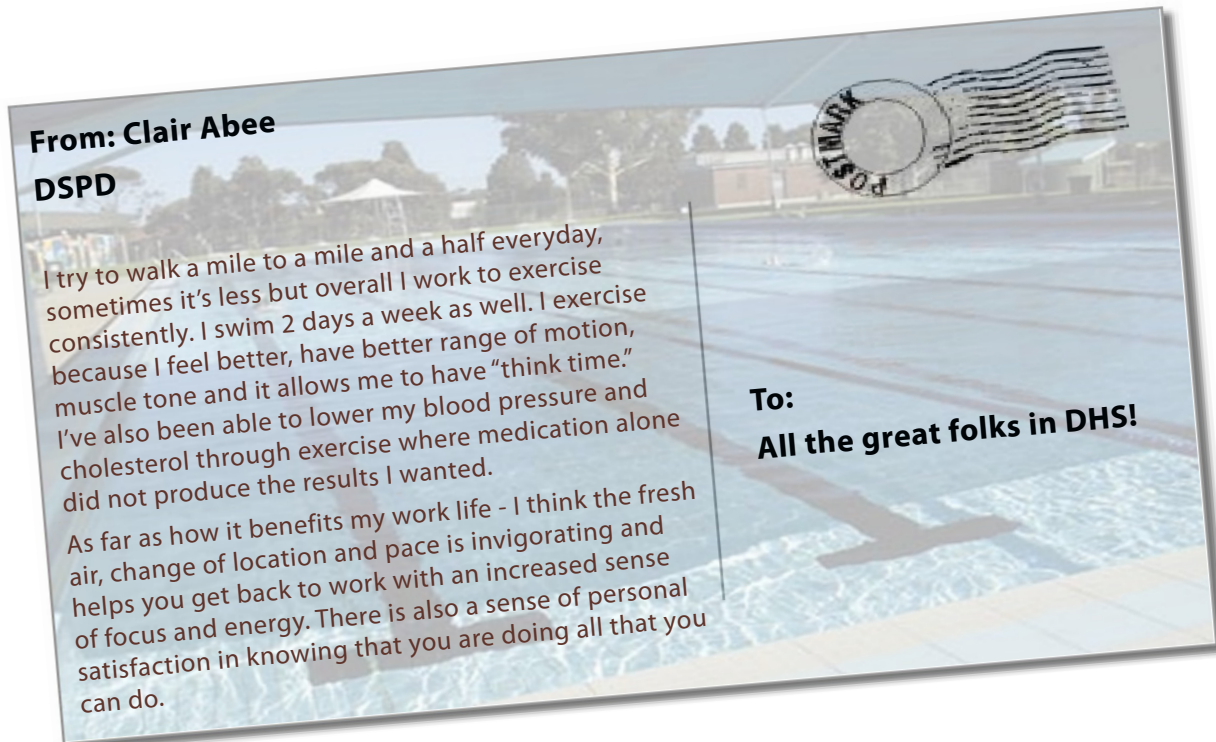
November Edition

## Postcards from Services for People with Disabilities

**"Wish you were here!"**

### This month's questions:

What do you do for exercise? How does it benefit your work?



**Thanks to Services for People with Disabilities! Want your region/office to be December's Postcards? Have a question to ask? Write to Donna Russell, [DLRussell@utah.gov](mailto:DLRussell@utah.gov)**



## "Wish you were here!" (continued)

**From: Georgia Baddley**  
**DSPD**

My greatest accomplishment was preparing for and finishing a horse/hiking trek in the high Andes in Peru. I went with my friend Katie Willette and we prepared for the trip together. I worked with a personal trainer for several months on; balance, flexibility, endurance and strength. I was afraid of horses so I took riding lessons and rode with my neighbor in the canyon. Turns out I loved the horseback riding!

Our trip included a full day hike on the Inca trail, with a 3,000 foot ascent bringing us into Machu Picchu through the Sun Gate. During the course of a week we crossed 3 passes that were almost 15,000 feet. The high elevation took some getting used to. Our base was Cusco at 12,000 ft. and everything else was UP! Even though we didn't always feel our best we had to keep on going. The horses took us uphill but we had to walk down the steepest trails from the highest passes and that was challenging!

**To:**  
**All the great folks in DHS!**

## Promoting Greater Independence Recognized

*By Lori Goivannoni and Angella Pinna*

Three top service providers were recognized for their ingenuity to promote greater independence for people with disabilities. The Ila Marie Goodey award was given to Community Treatment Alternatives, Rise, Inc., and Transitions by the Division of Services for People with Disabilities this month.

This award is in honor of Dr. Ila Marie Goodey, a strong advocate for people with disabilities, who died in 1998 at the age of 51. She lived with a life-long disability due to polio. Throughout her life, she advocated for people with disabilities to live dignified and independent lives and by so doing, she ushered in many reforms of federal and state regulations.

**Community Treatment Alternatives** was recognized for providing a much needed service to children with autism and their families. The Autism Support Alternatives Program (ASAP) is a home-like setting children come after school for four hours and for six hours on Saturday, during school breaks and holidays. Parents report great appreciation for the support, knowing their children are safe and well cared for.

**Rise Inc.** received the recognition for the "Lunch Box" program in Vernal. A food catering truck provides breakfast, lunch sandwiches, salads, snacks, sodas and coffee to businesses in the Vernal and Roosevelt area. The collaborative

effort was developed by Rise staff, individuals in services and family members. This is providing meaningful employment with the future goal of self-employment.

**Transitions** continues to expand services in Moab, Bluff, Monument Valley, Montezuma Creek and on nearby American Indian communities. Individual's interests are solicited when developing services building greater self-determination. Some of the businesses initiated are: the first food bank in the community, managing a scrapbook store, an antique store and a gourmet food store.

"The Division of Services for People with Disabilities is pleased to be working with such dedicated, innovative and motivated providers," said George Kelner, Director.



## Training Tidbits

### Dementia Syndromes (Presented by Dr. Dan Christensen)

November 29, 2007

Utah State Hospital, Owen P. Heninger Administration Building, Classroom 21

For additional/registration information contact Elaine Angulo, [eangulo@utah.gov](mailto:eangulo@utah.gov), 801-344-4265.

### Statewide Drug Court Conference

November 29-30, 2007

Radisson Hotel, Salt Lake City, Utah

For additional/registration information contact Elaine Maltby, [emaltby@utah.gov](mailto:emaltby@utah.gov), 801-538-4688.

### 8th Annual Suicide Prevention Conference

November 30, 2007

BYU Conference Center

Provo, Utah

For additional/registration information contact Cathy at Provo School District, [cathyb@provo.edu](mailto:cathyb@provo.edu), 801-374-4808.

Note: Registration fees may apply.



Learning is the best of all wealth;

it is easy to carry;

thieves cannot steal it;

the tyrants cannot seize it;

neither water nor fire can destroy it;

and far from decreasing, it increases by giving.

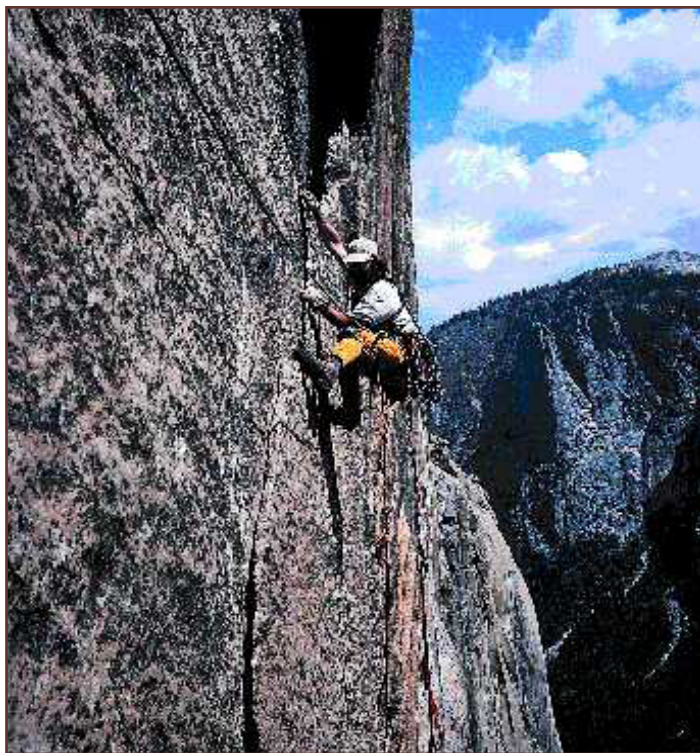
Naladiyar (c.5th-6th century),  
Tamil ethical literature

## HELP WANTED

Are you aware of a training or conference that we don't have listed in the Human Touch or online?

If so, please notify Elizabeth Sollis, [esollis@utah.gov](mailto:esollis@utah.gov), 801-538-4275.

You may also submit events online on the department training calendars, [www.hstraining.utah.gov](http://www.hstraining.utah.gov).



**I've found that  
often, just when  
you think you've  
hit a wall, you  
experience a break-  
through that takes  
you to new heights  
in accomplishment.  
- Stedman Graham**

# The Human Touch

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